



Why is exercising IN the water better than exercising OUT of the water?

1. **Buoyancy:** This water property allows people to do exercises that are difficult on land. 90% of your body is buoyant when in the water up to your neck, so you are not hitting the floor as hard as you would on land. No pounding or jarring!
2. **Resistance:** There is continual resistance to every move you make. The water offers 12%-14% more resistance than when you exercise on land. Resistance does not allow for sudden body movements.
3. **Cooling Effects:** Water disperses heat more efficiently, so there is less chance of overheating. The water continuously cools the body. Exercise in the water is cooler and more comfortable than it is on land.

Why do people exercise in the Water?

1. ***To get and stay in shape.*** Remember, you cannot expect great results over night. Improving your fitness depends on how much energy and effort you exert. Water exercise can burn up to 600 calories in a one hour class.
2. ***To decrease:*** stress, blood pressure, tension, weight gain, body fat, impact on joints and risk of injury.
3. ***To increase:*** strength, flexibility, energy, range of motion, muscle tone, circulation, endurance, balance, coordination and self esteem.
4. ***To enhance:*** well-being, sleeping patterns, recovery time from injuries, and to slow the aging process.

We are on the web!
www.raleighnc.gov/aquatics

P&R 6513
 Aquatic Admin

Millbrook Pool 872-4130
 Optimist Pool 870-2882
 Pullen Aquatic Center 831-6197
 Administration Office 831-6852
 Administration email aquatics@ci.raleigh.nc.us



City of Raleigh Aquatics

Water Exercise Classes June 2010

Revised May 28, 2010



Water Exercise Class Pass

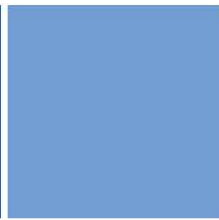
Water Exercise passes can be purchased at year-round aquatic facilities or by mail. No preregistration is required.

This pass allows you to attend any 8 water exercise classes within a calendar year.

Prices for an 8 class pass:

Raleigh Resident: Adult \$40
 Senior \$33

Non-Raleigh Resident: Adult \$50
 Senior \$43



Shallow Water Classes

Aquacise This class focuses on flexibility, body conditioning, strength building, and cardio-vascular endurance by targeting individual muscle groups. No swimming ability is necessary.

Water Walking This low impact class focuses on flexibility, conditioning, and cardiovascular endurance. It is designed for individuals of all fitness levels to work towards a higher level of personal fitness. No swimming ability is necessary, but being comfortable in the water is encouraged.

Making Waves & Shallow Water Exercise These classes concentrate on helping individuals gain muscular strength, coordination, flexibility and cardiovascular endurance. Designed to help individuals of all fitness levels work towards a higher level of personal fitness. No swimming ability is necessary, but being comfortable in the water is encouraged.

Arthritis Water Exercise Class For people with arthritis, fibromyalgia or other conditions that would benefit from a range of motion exercise in warm H₂O.

Head, shoulder, Knees to Toes This class uses the properties of the water for a complete head to toe workout. It will include an energetic aerobic routine for cardiovascular fitness and a total body workout. Equipment maybe used to enhance workout.

*Deep Water Classes

***Deep Water Strength & Cardio** Prepare yourself for the ultimate no impact workout! Suspended completely in deep water through the use of special aquatic fitness belts, individuals can exercise carefree of stress and pressure on joints. Water jogging and aerobics provide a great total body workout.

***Let's Get Physical!** Deep water wellness workout designed to provide cardiovascular, resistance & flexibility training. While utilizing both upper and lower muscle groups to challenge at various intensity levels, these workouts help strengthen the core muscles of the chest, abdomen, & back. Intensity modifications will be demonstrated. Buoyant and resistive equipment provided.

***Deep Water Power Hour** This high intensity deep water class will include cardiovascular & strength conditioning with no impact! Gloves, barbells, & cuffs may be used to enhance exercises. Equipment use is optional.

***Dynamic Deep** An intermediate to advance class that focuses on utilizing core stabilization through a series of continuous movements at various intensity levels.

***Although flotation equipment is used in most deep water classes to provide support during the exercises, participants should be comfortable in deep water.**

Class Times & Locations

Millbrook Exchange Pool

Making Waves

Tue, Thu 8:30-9:30am

Tue, Thu 7-8pm

Dynamic Deep

Tue, Thu 7:30-8:30am

Tue, Thu 6:00-7:00pm

Optimist Pool

Shallow Water Exercise

*Mon, Wed 9:30-10:30am

*(starting June 16, 2010)

Mon, Wed 7:00-8:00 pm

Aquacise

Mon, Wed, Fri 9:30-10:30am

Mon, Wed, Fri 10:30a-11:30am

Water Walking

Mon, Wed, Fri 8:30-9:30am

Mon, Wed, Fri 9:30-10:30am

Deep Water Strength & Cardio

Mon, Wed, Fri 5:45-6:45am

Tue, Thu 8:00-9:00 am

Head, Shoulders, Knee to Toes

Tue, Thu 9-10 am

Pullen Aquatic Center

Shallow Water Exercise

Mon, Wed, Fri 9:30-10:30 am

Mon, Wed 6:45-7:45 pm

Tue, Thu 6-7pm

Deep Water Power Hour

Mon, Wed, Fri 8:30-9:30am

Mon, Wed 5:45-6:45pm

Let's Get Physical!

Mon, Wed, Fri 11:30-12:30pm

Arthritis Exercise

Mon, Wed, Fri 10:30-11:30am